

Commonwealth of Pennsylvania.

DEPARTMENT OF HEALTH.

RULES TO BE OBSERVED IN THE CARE AND
MANAGEMENT OF CASES OF

CEREBRO-SPINAL MENINGITIS (EPIDEMIC.)

The patient should be confined to one well ventilated room, with screened windows, preferably a room with southerly exposure, and as remote as possible from other occupied rooms in the house.

Failure to strictly observe this personal isolation places the house under absolute quarantine and the penalties provided for in the Act of Assembly, approved May 14, 1909.

This room should be stripped of fancy curtains, carpets and upholstery and all other furniture not necessary for the comfort of the occupants. A sheet should be hung over the doorway, from top to bottom and kept moist with a poisonous solution of Bichloride of Mercury. To prepare this solution dissolve eight (8) Bichloride of Mercury tablets in one (1) gallon of hot water.

Soiled bed and body clothing, including handkerchiefs and cloths used for collection of discharges from the nose and mouth, or those soiled by vomited matter, should be thoroughly disinfected. This may be done by placing in water and boiling for thirty minutes, or by use of some one of the following chemical disinfectants:

Make up disinfecting solutions by adding one-half ounce of Chlorinated Lime (Chloride of Lime or Bleaching Powder) to one gallon of water, or three teaspoonfuls of Liquor Cresolis Compositus or three teaspoonfuls of Creolin or eight teaspoonfuls of a solution of Formaldehyde (at least 37½ per cent.) to a pint of water. The solution of Formaldehyde is preferred.

A tub or other vessel containing a sufficient quantity of one of the disinfecting solutions should be kept in a convenient place for soaking bed and body linen.

Place all such clothing in this vessel immediately upon its removal from the bed or body of the patient, and allow it to soak for at least three hours, after which it should be boiled for one hour.

Do not carry such infected clothing through the house, or store it with other soiled material.

Cloths used for the collection of the discharges from the nose and throat should be burned.

Receptacles containing the Liquor Cresolis Compositus or the Formaldehyde Solution should be kept outside the sick room door for the reception of plates and eating utensils of all kinds.

Remnants of food left by the patient should be burned.

The nurse, or attendant, should not use eating utensils or drinking vessels from the sick room nor should she permit others to do it until they have been boiled for at least one-half hour.

A basin or other vessel containing Bichloride of Mercury Solution (one tablet to one quart of water), or other good antiseptic solution, should be kept constantly made up so that the hands may be immediately washed after handling any secretions or clothing from the patient.

The discharges from the bowels, or any vomited matter should be disinfected by the addition of a quantity of the standard solution of Chlorinated Lime (Chloride of Lime or Bleaching Powder), or Creolin, sufficient to more than cover the discharges, or if the discharges are liquid, add a quantity equal in bulk.

The mass formed should be thoroughly stirred and the vessel with contents should be allowed to stand at least one-half hour before emptying.

Never empty the discharges upon the surface of the ground or into a stream.

If a sewerage system exists, use it, but only after a thorough disinfection of the discharges.

If a privy well exists, use that, or bury the disinfected material one foot below the surface of the ground and not less than one hundred feet from a well or water course. It must be out of the reach of dogs and rats as they will carry the filth on their feet into residences.

Add a disinfecting solution to all water that has been used for bathing the patient, and dispose of it in the same manner as the body discharges.

The nurse or attendant should wear only washable clothing, with a protective covering for the hair. When released from the sick room, she should take a disinfecting bath of Bichloride of Mercury, 1 to 4,000, made by dissolving two (2) Bichloride of Mercury tablets in every gallon of hot water used. Be sure to disinfect the hair and scalp with the same solution. This should be followed by a plain soap and water bath.

The air of the sick room cannot be disinfected during its occupancy by the patient.

The practice of hanging up cloths saturated with carbolic acid or of placing saucers of Chlorinated Lime or proprietary disinfectants

in the sick room is not only annoying to the patient, but utterly useless and often injurious.

An abundance of fresh air and light should be admitted to the room, but the patient should be protected from direct draughts.

Insects must be carefully excluded from the room and any that find entrance should be killed.

Dogs, cats and other household pets should be quarantined and disinfected, and any found running loose should be killed.

Kissing the patient should be prohibited.

Individual milk bottles should not be taken into or removed from the premises during the existence of the disease.

The householder should set a vessel out to receive the milk, and the person delivering the milk should pour it into such vessel without touching it with his hand, or with the vessel from which the milk is poured.

The nurse or attendant should carefully disinfect the hands after any attention to the patient and immediately after they have become soiled by any discharges.

The use of a nasal inhaler by the nurse or attendant in the sick room is to be recommended, as is the spraying of the mouth, nose and throat at frequent intervals with equal parts of water and Liq. Antisepticus, U. S. P.

When in the opinion of the attending physician the patient has recovered, the patient should be given a disinfecting bath under the direction of the physician, especial attention being paid to the disinfection of the hair and scalp.

The antiseptic bath may be prepared by dissolving two Bichloride of Mercury tablets in every gallon of hot water used. This should be followed by a plain soap and water bath.

After bathing, the patient should be wrapped in a clean sheet handed from without, step into a non-infected room and dress in clothing that has been disinfected.

As disinfecting agents are poisonous when taken internally, such drugs and solutions should always be plainly labelled and kept out of the reach of children.

After the removal of the patient, the sick room and everything it contains **MUST BE DISINFECTED BY FORMALDEHYDE GAS.** (This disinfection must be done by the Department's Health Officer.) His certificate is required for re-entrance to school. The bed and body clothing should be disinfected by boiling or should be soaked for three hours in one of the antiseptic solutions already described. Such articles as are not of great value should be burned; for instance, inexpensive books and playthings.

The wage earner is allowed, under modified quarantine, to continue work provided he at no time comes in contact with the patient or

those having the care of the patient, and that he has a room entirely separated from the patient and those attending the same, as provided in instructions on isolation. In permitting householders and wage earners to continue work when cases of Cerebro Spinal Meningitis (Epidemic) appear upon the premises, the greatest care should be taken to prevent the carrying of the infection and such a person shall not be employed in an establishment in which is conducted the production, sale or manufacture of fabrics, wearing apparel, upholstered furniture, bedding, food stuffs, cigars, cigarettes, candy, etc. If so employed he should leave the premises after taking an antiseptic bath and having his clothing disinfected and thereafter remain away from the premises up to the time of the recovery of the last patient and the disinfection of the household. (The Health Officer will issue permit cards to wage earners from the household under the above conditions).

When premises from which milk is sold are quarantined for Cerebro Spinal Meningitis (Epidemic), scarlet fever, typhoid fever, diphtheria or measles the sale of milk from such premises can be continued only under the following conditions.

First, if the milking is done and the milk cared for and sold by some member of the household or other person who does not come in contact with the person afflicted, or the room or rooms occupied by such person, or other members of the household who do come in contact with the person afflicted, provided that the milk sold is not first brought into the house occupied by the person so afflicted.

Second, if the stock is removed to some other premises and the milking done and milk cared for and sold from such other premises by persons not of the household of the person so afflicted.

After disinfection, the wall paper should be scraped off and the walls, floors, ceilings, windows and furniture (except metal fixtures) washed with a solution made in the proportion of eight (8) Bichloride of Mercury tablets to the gallon of hot water. Metal fixtures and furniture should be washed with a solution of carbolic acid made in the proportion of six ounces of pure carbolic acid to the gallon of hot water.

The period of quarantine in cases of Cerebro Spinal Meningitis (Epidemic) shall be until the physician has certified in writing that the patient has recovered.

Section 3, Act of May 14, 1909. No child or other person suffering from Cerebro Spinal Meningitis (Epidemic), shall be permitted to attend any public, private, parochial, Sunday or other school, and the teachers of public schools and the principals, superintendents and teachers, or other persons in charge of private, parochial, Sunday and other similar schools, are hereby required to exclude any and all such children and persons from such schools, such exclusion to

continue for a period of thirty days following the removal of quarantine and the disinfection of the premises wherein such child or other person shall reside, and no child or other person residing in the same premises with any person suffering from Cerebro Spinal Meningitis (Epidemic), shall be permitted to attend any public, private, parochial, Sunday or other school; and the teachers of public schools, and the principals, superintendents, teachers or other persons in charge of private, parochial, Sunday and other similar schools, are hereby required to exclude any and all such children or persons from said schools, such exclusion to continue for a period of thirty days following the release, by reason of the recovery or death, of the person last afflicted in said premises, or his or her removal to a hospital, the removal of quarantine, and the thorough disinfection of the premises.

The Act of May 14, 1909, requires health authorities to place a warning placard, in a conspicuous place, on all premises where Cerebro Spinal Meningitis (Epidemic) exists.

Section 24. Any person who shall remove, deface, cover up, or destroy, or cause to be removed, defaced, covered up or destroyed, any placard relating to any of the diseases mentioned in section two of this Act, shall, for any such offense, upon conviction thereof in a summary proceeding before any magistrate or justice of the peace of the county wherein such offense was committed, be sentenced to pay a fine of not less than ten (\$10) dollars, or more than one hundred (\$100) dollars, to be paid to the use of said county, or to be imprisoned in the county jail for a period of not less than ten days or more than thirty days, or both, at the discretion of the court; and any person who shall violate any of the quarantine restrictions imposed by this Act, the rules and regulations of the health authorities of any city, borough or township of the first class, or of the State Department of Health, or who shall interfere with the said health authorities or agents thereof in the discharge of his or their duties, as provided for in this Act, shall, for every such offense, upon conviction thereof in a summary proceeding before any magistrate or justice of the peace of the county wherein such offense was committed, be sentenced to pay a fine of not less than fifty (\$50) dollars, or more than one hundred (\$100) dollars, to be paid to the use of the said county, or to be imprisoned in the county jail for a period of not less than ten or more than thirty days, or both, at the discretion of the court.

SAMUEL G. DIXON,
Commissioner of Health.

